



# NEWSLETTER

June 2010

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## Editorial



In June, we can report that four Members of the European Parliament have committed their support to our cause by joining the European Alzheimer's Alliance. I extend a big welcome to Marisa Matias (Portugal), Antonya Parvanova (Bulgaria), Keith Taylor (UK) and also Marina Yannakoudakis (UK).

The support we receive from the European Parliament is truly inspirational and the support was equally shown during the 8<sup>th</sup> lunch debate in the European Parliament, which was entitled "Alzheimer's disease and dementia as a national priority: contrasting approaches by France and the UK." Florence Lustman, coordinator of the French Alzheimer Plan, together with Andrew Ketteringham, Director of External Affairs, Alzheimer's Society, UK, presented their national plans and talked of the progress made so far.

Our host, Dagmar Roth-Behrendt, MEP (Germany) ensured that the debate was very open, direct and inclusive and has resulted in some very positive feedback from participants. It was encouraging to hear a number of participants MEPs and members of the European Alzheimer's Alliance speaking passionately, yet with concrete examples of what can be done to help people with dementia and their carers throughout Europe.

As promised last year, the European Parliament is watching over the development of the Commission's Communication on the European Initiative on

Alzheimer's disease, and has announced that in July it will be commencing work on a report in which suggestions will be made to improve the Communication.

The Alzheimer Europe Board had its penultimate meeting before the Board elections in September and has begun to plan to develop the future direction of the organisation by adopting a survey for our member organisations in order to identify their degree of satisfaction with the past activities and projects of Alzheimer Europe and its future direction.

I would also like to highlight the fantastic support we have received from Bayer Healthcare and their educational grant of €310,000 will allow us to carry out a multi-country survey on the general public's perceptions about dementia and its diagnosis and treatment.

At a national level, it is wonderful news that the Scottish government has now launched its first-ever national strategy and I look forward to following its implementation over the coming months.

The Alzheimer's Society (UK) has appointed its new Chief Executive and on behalf of all of Alzheimer Europe, I would like to take this opportunity to welcome Jeremy Hughes to his new role.

Close to 90 abstracts have now been submitted for our 20<sup>th</sup> Conference in September in Luxembourg and the conference promises to provide an interesting mix of speakers, presentations and subjects.. Please remember to take advantage of the early-bird registration rates, which finish at the end of July.

**Jean Georges**  
Executive Director

## European Alzheimer's Alliance

In June, Marisa Matias (Portugal), Marina Yannakoudakis (UK), Antonia Parvanova (Bulgaria) and Keith Taylor all joined the European Alzheimer's Alliance, which brings the total number of MEPs in the Alliance to 50, representing 17 Member States of the European Union and all of the seven political groups in the European Parliament.



**Matias Marisa**  
(Portugal, GUE-NGL)



**Parvanova Antonia**  
(Bulgaria, ALDE)



**Taylor Keith**  
(UK, Greens/EFA)



**Yannakoudakis Marina**  
(UK, ECR)

The members of the European Alzheimer's Alliance are the following:

### Belgium

Brepoels Frieda (Greens/EFA), Ries Frédérique (ALDE), Staes Bart (Greens/EFA), Sterckx Dirk (ALDE)

### Bulgaria

Parvanova Antonia (ALDE)

### Cyprus

Triantaphyllides Kyriacos (GUE-NGL)

### Czech Republic

Cabnoch Milan (ECR), Kohlicek Jaromir (GUE/NGL), Roithova Zuzana (EPP)

### Denmark

Schaldemose Christel (S&D)

### Finland

Jaakonsaari Liisa (S&D), Jäättänen Anneli (ALDE), Pietikäinen Sirpa (EPP)

### France

Audy Jean-Pierre (EPP), De Veyrac Christine (EPP), Griesbeck Nathalie (ALDE), Grossetête Françoise (EPP), Morin-Chartier Elisabeth (EPP)

### Germany

Niebler Angelika (EPP), Roth-Behrendt Dagmar (S&D), Ulmer Thomas (EPP), Weisgerber Anja (EPP)

### Greece

Chountis Nikolaos (GUE-NGL), Koppa Maria Eleni (S&D), Kratsa-Tsagaropoulou Rodi (EPP)

### Ireland

Aylward Liam (ALDE), Childers Nessa (S&D); Crowley Brian (ALDE), McGuinness Mairead (EPP), Mitchell Gay (EPP)

### Italy

Panzeri Pier Antonio (S&D), Toia Patrizia (S&D)

### Luxembourg

Lulling Astrid (EPP)

### Netherlands

De Lange Esther (EPP), van Nistelrooij Lambert (EPP), Wortmann-Kool Corien (EPP)

### Portugal

Coelho Carlos (EPP), Matias Marisa (GUE/NGL)

### Romania

Antonescu Elena Oana (EPP)

### Slovakia

Mikolasik Miroslav (EPP), Zaborska Anna (EPP)

### United Kingdom

Hall Fiona (ALDE), Lynne Liz (ALDE), McAvan Linda (S&D), Moraes Claude (S&D), Simpson Brian (S&D), Taylor Keith (Greens/EFA), Watson Graham (ALDE), Willmott Glenis (S&D), Yannakoudakis Marina (ECR).

### 2 June 2010: Elisabeth Morin-Chartier, MEP, nominated as a member of the French Observatory for Gender Equity



François Fillon, French Prime Minister,

nominated Elisabeth Morin-Chartier, MEP and long-standing Member of the European Alzheimer's Alliance, as a member of the French Observatory for Gender Equity.

Under the remit of the French Prime Minister, the Observatory gives an opinion on legislative texts dealing with prevention of fight against gender inequalities. The Observatory also promotes gender equality outside legislation through specific action programmes, recommendations and legislative proposals.

## Alzheimer Europe

### 21 June 2010: Alzheimer Europe Board meets in Brussels

The current Alzheimer Europe Board held its penultimate meeting before the Annual General Meeting elects the new Board in September. Meeting in Brussels on 21 June the Board:

- Adopted the 2009 financial accounts and 2009 Annual Report unanimously.
- Discussed the 2010 financial forecasts,
- Examined the progress of the preparations for the 2010 Alzheimer Europe conference and took the decision to prepare publicity materials also in German and French (in addition to English),
- Received an update on Alzheimer Europe's current projects (including the Dementia Ethics Network) and publications (including the forthcoming issue 6 of the Dementia in Europe magazine and 2010 Dementia in Europe Yearbook)
- Discussed the development of a new 5-year strategic plan and the need of obtaining feedback on the role of Alzheimer Europe from the membership by means of a survey
- Proposed the agenda for the AGM, which this year will include the elections for a new Board.

The next Board meeting will be held in Luxembourg on 28 September 2010.

### 22 June 2010: Alzheimer Europe organises a lunch debate in the European Parliament on the contrasting national approaches to dementia in France and England



Dagmar Roth-Behrendt, MEP (Germany) hosted Alzheimer Europe's 8th lunch debate in the European Parliament, which was entitled "Alzheimer's disease and dementia as a national priority: contrasting approaches by France and the UK." Ms Roth-Behrendt opened the debate by highlighting the fact that despite the recognition that age-related diseases, including Alzheimer's disease, should be a priority, the reality is that Alzheimer's disease is not given the same high priority as other diseases within EU health programmes.

Ms Roth-Behrendt then invited Florence Lustman, coordinator of the French Alzheimer Plan, and Andrew Ketteringham, Director of External Affairs, Alzheimer Society, UK, to talk about their national approaches. Both Ms Lustman and Mr Ketteringham explained how dementia had been made a political priority within each of their own countries and gave an outline of the objectives of their respective national plan/strategy.

Research plays a crucial role in both the French plan and Ms Lustman was particularly proud to talk of the success of research supported by the newly

established Alzheimer Research Foundation, which, after just two years, had received recognition for the work in indentifying two new genes.

Although research is an objective within the English Strategy, Mr Ketteringham informed the audience that dementia research remains a 'poor relation' to other research areas such as cancer.



Several members of the European Parliament attended the meeting and they discussed how they might, as MEPs, take action. Nessa Childers, MEP (Ireland) said that at a very basic level, they could talk about their own experiences of the disease and the impact it had had. Sirpa Pietikäinen, MEP (Finland) advocated enabling associations to speak formally on behalf of people with dementia and also suggested to use the rights laid down in the Lisbon Treaty.

Elisabeth Morrin-Chartier, MEP (France) highlighted the fact that the Social Affairs Committee was examining the situation of carers' leave in different European countries. An example of how action can be taken was also given by Magda Aelvoet, Minister of State (Belgium) who confirmed that Belgium would keep dementia on the European agenda when they take on the EU Presidency by holding a high level meeting on how to improve the quality of life for people with dementia.

Discussions also developed concerning how best to support the invaluable help given from the caring workforce and also the importance of eliminating the stigma associated with the disease.



Maurice O'Connell, Chairperson of the Alzheimer Europe Board, closed the meeting by thanking the host and presenters for such a lively and interesting debate. He also acknowledged the input and energy given to these events by the team of Alzheimer Europe.

### 30 June 2010: Bayer Healthcare will support multi-country survey of Alzheimer Europe on "Value of knowing"



In June, Bayer Healthcare confirmed an educational grant of €310,000 for a survey, Alzheimer Europe would like to carry out to investigate the differences in public perception and awareness of Alzheimer's disease in a number of European countries and the United States and to identify the views of the general public on the value of a diagnosis of Alzheimer's disease.

Work on this project will start in July 2010 with the establishment of an International expert group to clarify the research questions and methodology.

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## Alzheimer Europe Networking

On 3 June 2010 (Brussels, Belgium), Annette met **Elena Oana Antonescu, MEP, Romania**, to discuss the European Alzheimer's Alliance and the EP report on Alzheimer's disease.

On 3 June 2010 (Brussels, Belgium), Annette met **Emilia Romano** to discuss the EP report on the European Commission's Communication on Alzheimer's disease.

On 8 and 9 June 2010 (Stockholm, Sweden), Jean participated in the 100 year anniversary meeting of the Karolinska Institutet where he gave an overview of Alzheimer Europe's campaign to make dementia a European priority.

On 11 June 2010 (Brussels, Belgium), Annette met **Marisa Mattias, MEP, Portugal**, to discuss the European Alzheimer's Alliance and the EP report on Alzheimer's disease.

On 12 June 2010 (Basel, Switzerland), Heike participated in the meeting of the **European Memory Clinics Association** and participated in the opening ceremony where she welcomed the creation of the new organisation and the plan for the development of quality criteria for memory clinics.

On 21 June 2010 (Brussels, Belgium), the Alzheimer Europe Board and staff attended the **Alzheimer Europe Board meeting**

On 22 June 2010 (Brussels, Belgium), Alzheimer Europe staff attended the **Alzheimer Europe/European Alzheimer's Alliance lunch debate** hosted by Dagmar Roth-Behrendt in the European Parliament (Alzheimer's disease and dementia as a national priority : contrasting approaches by France and the UK)

On 22 June 2010 (Brussels, Belgium), Annette followed the **EP Women's Committee exchange of views on S. Pietikainen's report** (The role of women in an ageing society).

On 23 June 2010 (Brussels, Belgium), Annette attended a **lunch debate on health literacy** organised by the Faculty of Health, Medicines and Life Sciences, University of Maastricht.

On 28 and 29 June (Madrid, Spain), Jean participated in the **Spanish Presidency Conference on the mental health of elderly people** and chaired a symposium on informal carers.

On 29 June 2010 (Brussels, Belgium), Annette attended the final session of the **EU Open Health Forum**

## European developments

Here we report on developments from the European institutions which may impact people with dementia and/or their carers.

### June 2010: The European Parliament to write report on the European initiative on Alzheimer's disease

In July 2009, the European Commission presented a Communication on a European initiative on Alzheimer's disease and other dementias (COM(2009) 380 final). The Communication addresses 4 issues on which the Community action could help:

- 1) public health: prevention, early diagnosis and treatment of dementia,
- 2) research: understand the disease ; enhance coordination in research and need for sufficient epidemiological data,
- 3) social affairs: share good practice regarding diagnosis, treatment and financing of therapies
- 4) legal : patients rights, autonomy and stigma.

The European Parliament is now going to write an own initiative report in which suggestions could be made to improve the Communication. The Rapporteur is Marisa Mattias, (Portugal, GUE/NLG group), Industry Committee. The Shadow Rapporteurs are Elena Oana Antonescu, (Romania, EPP), Nessa Childers (Ireland, S&D), Frédérique Ries (Belgium, ALDE) and Marina Yannakoudakis (UK, ECR), Environment and Health Committee.

The provisional timeline has been set as:

- The Rapporteur will work on her report in July
- The draft report will be considered in the Environment and Health Committee on 27 October
- The deadline for amendments will be 8 November at 12h00
- The vote in the Environment and Health Committee is scheduled during the week 29 November - 1 December
- The vote in Plenary will take place in January 2011.

### 1 June 2010: Oral question and motion for resolution on long-term care for older people adopted in the EMPL committee

On 1 June, the Committee on Employment and Social Affairs (EMPL) adopted an oral question and motion for resolution presented by Liz Lynne on long-term care for older people. In this motion, the European Parliament calls on the European Commission to produce a Green Paper on elder abuse and safeguarding older people in the community and in care settings.

Liz Lynne is a member of the European Alzheimer's Alliance and co-chair of the Intergroup on Ageing and Intergenerational Solidarity.

### 23 June 2010: 18 new MEPs to join the European Parliament in December

The Inter-Governmental Conference that convened on 23 June approved an increase in the number of Members of the European Parliament.

This meeting is a transitional arrangement to the EU Treaty: it was convened because the last Parliament elections in 2009 were held under the Nice Treaty (the Lisbon Treaty had not been ratified yet). The Nice Treaty set the number of MEPs to 736 while the Lisbon Treaty sets the number of MEPs at 751.

18 new MEPs (Spain = 4; Austria, France and Sweden = 2; Bulgaria, Italy, Latvia, Malta, Poland, Slovenia, the Netherlands and the UK = 1) will thus join the European Parliament. Germany is allowed to keep its 3 extra MEPs during this mandate.

The Member States now have to ratify this protocol that will enter into force on 1 December 2010.

### 29-30 June 2010: EU Open Health Forum calls for greater European collaboration



In his opening speech at the EU Open Health Forum 'Together for Health - a Strategy for the EU 2020' that took place in Brussels on 29 and 30 June, Health Commissioner John Dalli reminded the audience that,

to foster a Europe of health, many players and many policies needed to work together. He said that building synergies between policies and players is particularly important to fight the current crisis and that it is very important, in the currently difficult economic situation, that health is not sidelined. Health means investment for sustainable economic growth.

Commissioner Dalli reminded the audience that the EU citizens will live longer while there will be fewer and fewer young people and that within the next 15 years, the proportion of Europeans aged 65 or over will have increased by 20% and in 50 years, 1 in 3 European will be aged 65+.

One way to help the healthcare systems cope with these trends and the related rising costs, is, the Commissioner advocated, to use healthcare technology, such as e-health, medical devices, personalised medicines. He believes these will bring considerable benefits: good prevention, early interventions, better monitoring and treatment of diseases, better quality of life and greater empowerment of patients.

Highlighting health technology, the Commissioner said it is expensive and needs to be managed wisely. To strengthen cooperation on health technology assessment, the Commission and the Member States are currently working on an initiative to increase cooperation, share information and develop the same methods for health technology assessment, said the Commissioner.

Commissioner Dalli wants to refocus priorities on prevention of diseases rather than cure and empower citizens to make healthy choices (spanning nutrition, physical exercise, the prevention of tobacco-related diseases). This will entail working very closely with policy makers in the social, environment, transport, education, research and digital domains.

At the end of the meeting, a Resolution drafted by the members of the EU Health Forum was presented and circulated to the participants for comments. The Resolution lists areas where stakeholders can work

together and is a call to European leaders to work with the stakeholders to ensure that economic recovery is sustainable and inclusive. Monika Kosinska, from the European Public Health Alliance, officially presented this Resolution to Paola Testori-Coggi, Director General, DG Sanco.

Discussions around this Resolution reminded the audience that this document is a stakeholders document to be used and adapted at local advocacy level. The European Commission will disseminate it to other DGs, the European Parliament and the Council.

### 29-30 June 2010: EU Spanish Presidency Conference exchanges examples of good practice in the field of mental health promotion

"Mental health and well being among older people – Making it happen" was the subject of a two-day conference organised by the Spanish Presidency of the European Union.

The conference brought together European and national policy makers, as well as NGOs and academics and made a number of recommendations for European action in the following areas:

- Mental health promotion in old age: Healthy ageing and well-being,
- Prevention of mental disorders and promotion of autonomy,
- Older people in vulnerable situations,
- Health systems for care and treatment,
- Support of informal carers.

The meeting was also attended by two members of the European Alzheimer's Alliance, Antoniya Parvanova, MEP (Bulgaria) and Nessa Childers, MEP (Ireland) who both supported the need for greater European collaboration and a better exchange of information and best practices in this field.

Jean Georges, Executive Director of Alzheimer Europe attended the meeting and chaired a session on informal carers during the conference.

## Policy Watch

In this section you can find articles on various national policies and initiatives which can have an impact on issues surrounding dementia.

### 1 June 2010: Scottish government launches national dementia strategy

The first-ever Scottish National Dementia Strategy was launched by Shona Robinson (Minister for Public Health and Sport) on 1 June 2010. The Executive Overview of the Strategy states that the Scottish Government and its partners are committed to delivering 'world class dementia services.' Five key challenges are identified in the Strategy:

1. Fear of dementia means people delay in coming forward for diagnosis

2. Information and support after diagnosis for those with dementia and their carers is poor and non-existent in some places
3. General healthcare services do not always understand how to respond well to people with dementia and their carers, leading to poor outcomes
4. People with dementia and their carers are not always treated with dignity and respect
5. Family members and people who support and care for people with dementia do not always receive the help they need to protect their own welfare and to enable them to go on caring safely and effectively

The government believes that benefits to people with dementia and their carers can be gained immediately by focusing on two key change areas (1) following diagnosis, by providing excellent support and information and (2) in general hospital settings, by improving the response to dementia, i through alternatives to admission and better planning for discharge.

Delivery of the Strategy will be overseen by a Dementia Strategy Implementation and Monitoring Group, who will publish an Annual Report in June 2011 and June 2012.

The Chief Executive of Alzheimer Scotland, Henry Simmons, commented, "This strategy is a strong start - now is the time for real action on dementia. We must ensure that health and social care professionals, mainstream local services and communities across Scotland understand dementia and are encouraged to play a part in making a difference in the lives of people with the illness.

"It is unfortunate that it is only now, in such an uncertain economic climate, that dementia is receiving the necessary level of government priority. However, we are pleased that BIG Lottery has indicated their intention to aid the development of post-diagnostic support and early intervention. We welcome this strategic investment and will do all we can to assist in the effective use of these valuable funds."

**30 June 2010: Government body launches quality standards on dementia**

The National Institute for Health and Clinical Excellence (NICE) has presented their advice on quality standards on the care and treatment for people who have had a stroke, have dementia and/or have had venous thromboembolism (VTE).

The standards have been produced in collaboration with the National Health Service (NHS) and social care with the following audiences in mind:

- Patients and the public
- Clinicians
- Public health practitioners
- Commissioners and
- Health and social care professionals

The quality standards on stroke, dementia and VTE prevention make a number of key recommendations, including:

- Patients who have suffered a stroke should be offered a minimum of 45 minutes' appropriate active therapy for at least five days a week for as long as they continue to benefit from it.
- All patients who have suffered a stroke are screened within six weeks of diagnosis, to identify mood disturbance and cognitive impairment.
- People with dementia receive care from health and social care staff that have been adequately trained in dementia care.
- Carers of those with dementia receive an offer of needs assessment to ensure they have the adequate support they require.
- Patients/carers receive verbal and written information and advice on VTE prevention at the time of admission and discharge.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

## Members' News

In this section we report on our members' latest initiatives and work.

**7 June 2010: Alzheimer Scotland marks Dementia Awareness Week 2010 with 'Scotland's Dementia Strategy – making it work for people' Conference**



Alzheimer Scotland launched Dementia Awareness Week 2010 with its major national conference, which this year focused on Scotland's National Dementia Strategy. This event provided the first opportunity to hear about the recommendations in detail and what they will mean for people with dementia, their carers, local communities and all those with responsibility for implementation. Shona Robison, Minister for Health, gave the opening address and took questions from participants.

The conference will focused on the implementation of the following key strands in the Strategy:

- Human rights - changing the way services are provided to enable choice and encourage independence
- Improving access to diagnosis and post diagnostic support
- Improving choice in the community for people with dementia and their carers
- Improving the health care and medical treatment of people with dementia

- Improving standards and the quality of life for people with dementia in care homes
- Improving the care of people with dementia in general hospitals.

Keynote speakers included Henry Simmons, Chief Executive of Alzheimer Scotland; Dr Donald Lyons, Director of the Mental Welfare Commission; Nancy McAdam, member of the Scottish Dementia Working Group and Andrew Lowe, Director of Social Work for Scottish Borders.

**16 June 2010: Alzheimer Society appoints new Chief Executive, Jeremy Hughes**



Jeremy Hughes, currently Chief Executive of Breakthrough Breast Cancer, has been appointed the new chief executive of Alzheimer's Society, it was announced today. He takes up his appointment in November.

Making the announcement this morning, Alastair Balls, chair of Alzheimer's Society said: "This is a critical time for the Society as we implement government sponsored dementia strategies. Jeremy will provide the insight, leadership, campaigning skills, commitment and energy to drive this forward successfully."

Jeremy Hughes has been at Breakthrough Breast Cancer for over five years, during which time it has become a recognised world leader in breast cancer research as well as a powerful influence on the NHS, ensuring better treatment for women regardless of where they live. This experience was particularly attractive to the board of Alzheimer's Society as it continues to grow in both size and influence.

"Alzheimer's Society helps people live well with dementia today and funds research to find a cure for tomorrow. Both elements of this work are critical to defeating dementia. Jeremy has the right skills and experience for us to achieve our goal", said Alastair Balls.

Commenting, Hughes said: "I look forward to working closely with all involved with Alzheimer's Society to meet the challenges of the new decade. Everyone must play their part, to ensure that people living with dementia have better prospects in 2020 than today.

"I will be sad to leave Breakthrough, where it has been a privilege to steward the energy, enthusiasm, expertise and commitment of scientists, advocates supporters and staff. Our vision of a future free from the fear of breast cancer could have been seen as wishful thinking six years ago. Today that is no longer the case: It is now very achievable."

Jeremy has also been instrumental in establishing National Voices, the umbrella body for over 200 health and social care charities, and currently is its Chair.

Paying tribute to Jeremy for his work at Breakthrough, chair of trustees Stephanie Monk said: "Everyone involved with Breakthrough will want to pay tribute to Jeremy, an excellent ambassador and enthusiastic promoter of our cause. His strategic stewardship and energetic commitment, brought real progress in realising the vision of a future free from the fear of breast cancer. We wish him well and

confidently look forward to the next exciting chapter in Breakthrough's unique contribution for people affected by breast cancer."

**23 June 2010: Alzheimer Portugal participates in information meeting, "Family and Dementia"**

Maria do Rosário Zincke dos Reis, Chairperson of the Board of Alzheimer Portugal, participated in an information meeting entitled "Family and Dementia." The meeting took place in Gulbenkian, Portugal and consisted of a carer sharing his experience with participants, followed by a debate conducted by Paula Guimarães and Mrs Zincke dos Reis.



The main conclusion from the meeting was that specific training combined with psychological support are crucial to the wellbeing and quality of life of people with dementia and their carers and it allows people to stay at home instead of attending nursing homes.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**Register now for the Alzheimer Europe conference in Luxembourg**

Early bird registration is available till 30 June 2010. Join us for our 20<sup>th</sup> Anniversary Conference and register online at: [www.alzheimer-europe.org/conferences](http://www.alzheimer-europe.org/conferences)



20<sup>th</sup> Alzheimer Europe Conference  
Facing Dementia together  
Luxembourg /  
30 September - 2 October 2010  
First Announcement

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

association luxembourgeoise **alzheimer** Alzheimer Europe

## Science Watch

This section has highlights of the most recent published research on dementia, including research on the prevention, diagnosis, and treatment of the disease.

### 1 June 2010: Study suggests having a higher education can result in a delay in and/or higher tolerability of the symptoms of dementia



A study which investigated the relationship between education and early Alzheimer's disease found that highly educated people with mild cognitive impairment who went on to develop dementia within a two year period had "more signs of dementia in their spinal fluid than those with intermediate and low levels education." The researchers concluded that people with higher levels of education can tolerate more disease in the brain.

In addition, the study considered those people with mild cognitive impairment who did not develop dementia over the next two years. The results found that the highly educated people who did not develop dementia had signs of better nerve function with less nerve damage than those with lower levels of education.

The study was conducted by the Sahlgrenska Academy at the University of Gothenburg.

### 2 June 2010: Study on monkeys examines the relationship between the depletion of nerve cells and cognitive decline

A study identifies the depletion of a certain type of specialisation on nerve cells (on cells known as thin spines) which causes cognitive decline. The team studied six young adult and nine older rhesus monkeys as they participated in a delayed response test. The monkeys watched as food was baited and hidden, and then a screen was put in front of them so they could no longer see the location of the hidden reward. Initially the screen was raised immediately and the monkeys could find the food straight away, but this removal was increasingly delayed. The older monkeys were less able to find the food quickly. By examining the spines on nerve cells in the area of the brain which mediates high level learning, researchers were able to establish that the older monkeys lacked a certain type of spine (thin) which led them to suggest that these thin spines may be responsible for the diminished memory.

Led by Dr Morrison and Peter R Rapp, from the Mount Sinai School of Medicine the study was published in the journal of Neuroscience.

### 2 June 2010: Study on mice suggests healthier diet may slow or even reverse the cognitive impairment



A study on mice suggests that the cognitive impairment associated with people with early to moderate stages of Alzheimer's disease could be slowed or reversed if they switch to a healthier diet. Genetically modified mice were

monitored over a three month period and those which had received a healthier diet were found to have less amyloid plaques in their brains and their cognitive impairment was reversed.

The study was carried out by researchers from Temple University, funded by the National Institute of Health and published in the Journal of the Federation of American Societies for Experimental Biology.

For further information please see the article "Normalization of hyperhomocysteinemia improves cognitive deficits and ameliorates brain amyloidosis of a transgenic mouse model of Alzheimer's disease" published in the Journal of the Federation of American Societies for Experimental Biology on 2 June.

### 2 June 2010: Study launched aimed to assist with earlier diagnosis of Alzheimer's disease

A study is being launched to examine the "subtle changes that occur in the brains of older people, many years before overt symptoms of Alzheimer's appear." Imaging techniques and biomarkers from blood and cerebrospinal fluid will be used to examine the changes.

The researchers hope to recruit 200 volunteers between the ages of 55 and 90. This USD 24 million study is being funded by the US National Institutes of Health.

For further information please contact the Alzheimer's Disease Education and Referral Center at 800-438-4380. Volunteers must speak English or Spanish and have a person willing to assist them during at least five clinic visits and with telephone contacts from researchers.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**  
[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

### 8 June 2010: The role of enzyme GSK3 examined in brain function

A study has identified the role which enzyme GSK3 plays in controlling brain function during peak activity (such as memory formation). The enzyme helps to suppress brain activity and researchers hope that drugs could be developed to block this enzyme, which in turn could be used to treat people with memory loss.

The study, led by the Edinburgh University was published in the journal Nature Neuroscience.

### 9 June 2010: Study examines the effect that cholinesterase inhibitors have on cognitive skills

A study suggests that cholinesterase inhibitors (ChEI), which can be prescribed for Alzheimer's disease, improve cognitive skills in people with mild Alzheimer's disease. Specifically, the participants improved in some computerised tests of executive

function and visual attention, including a simulated driving task. Researchers reported three key findings:

- ChEI treatment was associated with improvement in the ability to accurately maintain lane position during the simulated driving task. This was noted in the pre- and post-ChEI treatment comparison. It was also noted as an effect of ChEI user status when the visual search task was performed without simulated driving in the cross-sectional comparisons.
- ChEI treatment was associated with improved target detection accuracy in the visual search task and quicker visual search response times in both the pre- and post-treatment comparison and cross-sectional comparisons.
- After ChEI treatment, subjects completed the computerised mazes faster, although accuracy of completion was not affected.

The study was led by Lori Daiello from the Rhode Island Hospital Alzheimer's disease and Memory Disorders Center and was published in the Journal of Clinical Psychopharmacology (June 2010).

#### 10 June 2010: Study examines benefits of apple juice on dementia

A preclinical study suggests that apple juice may be a useful supplement for, amongst other benefits, the suppression of some of the symptoms of Alzheimer's disease. The study, carried out 21 people with moderate to severe Alzheimer's disease, entailed the participants receiving 2 glasses (4oz) of apple juice every day for a month. Caregivers reported an improvement in behavioural and psychotic symptoms, especially a decline in anxiety, agitation and delusion.

The study is reported in the American Journal of disease and other dementias and was carried out by researchers from the University of Massachusetts-Lowell, USA.

#### 11 June 2010: Study examines the relationship between the components of amyloid plaques and blood clot formation in Alzheimer's disease

A study examined whether the deposition of beta-amyloid peptide (associated with dementia) in the walls of cerebral blood vessels could alter the process of blood clot formation. The results showed that the fibrin clots, formed in the presence of beta-amyloid, were structurally abnormal and resistant to degradation. They found that when mice had decreased levels of fibrinogen (which fibrin is made from) in their blood that they exhibited less beta-amyloid accumulation in the walls of their cerebral blood vessels and that they performed better in memory tasks. The researchers concluded that the association between the beta-amyloid and fibrinogen resulted in a change in the blood flow and inflammation which contributes to the cognitive decline associated with Alzheimer's disease.

The study was carried out by Sidney Strickland (The Rockefeller University, New York, USA) and colleagues and published in the journal Neuron.

#### 12 June 2010: New technique for diagnosing Alzheimer's disease tested



A study suggests that a newly developed computer programme could contribute to early diagnosis of Alzheimer's disease. Tomographies (Single photon emission computed tomography (SPECT) and Positron emission tomography (PET)) were analysed from three databases which included brain CT scans from people with Alzheimer's disease. The researchers are developing software for the programme which could be used in hospitals.

The study was conducted by Ignacio Alvarez Illán, a member of SIPBA (Signal Processing and Biomedical Applications) TIC-010 of the University of Granada.

#### 14 June 2010: Potential interventions for Alzheimer's disease discussed

A special issue of the Journal of Alzheimer's disease has been published which carries the article "Basics of Alzheimer's Disease Prevention". This provides, for the first time, a strategic blueprint using the 4 pillars of preventative medicine:

- Identification of disease-related and lifestyle risk factors
- Pathologic consequences and impact of AD risk; factors
- Detection of AD risk factors
- Treatment of AD risk factors.

These four pillars are addressed in a collection of 24 articles.

The contributing authors advocate an Alzheimer's disease preventative plan including:

- Early identification/detection of AD risk factors
- Early intervention based on evidence-based medical decisions
- Patient follow-up to assess and modify when necessary, strategic intervention.

#### 15 June 2010: Study examines the structure of plaques associated with dementia

Researchers believe that have identified the structure of senile plaques (which are found in the brains of people with Alzheimer's disease) as spherulites. The structure of the plaques has implications for their role in the aetiology of Alzheimer's disease. The researchers hope their findings will lead to a greater understanding of how the plaques are formed as well as offering a method for diagnosis of Alzheimer's disease.

Led by Chris Exley, Reader in Bioinorganic Chemistry at The Birchall Centre, Keele, the research will be published in the July issue of Alzheimer's disease.

The research; will be published in the July issue of the Journal of Alzheimer's Disease and is a collaborative effort (Keele, Warwick, Cambridge,

Florida) headed by Chris Exley at The Birchall Centre, Keele University.

**16 June 2010: Thirteen pharmaceutical companies agree to pool clinical trials data**

In an attempt to understand why pharmaceutical companies keep failing in discovering a treatment for Alzheimer's disease, thirteen companies (including Johnson & Johnson, GlaxoSmithKline, AstraZeneca, Sanofi-Aventis et Abbott Laboratories) have decided to pool their clinical trials to understand what is going wrong and what could be improved to develop treatments for Alzheimer's disease.



Data of 4,000 patients having taken part in 11 clinical trials will from now on be accessible to the public. Data from other companies will be added in the future as well as data from the National Institute of Health in the US.

The data will be accessible to all drug manufacturers as well as external researchers who will come up with a valid interest.

It is hoped this database will help provide an answer to difficult questions such as how does the disease evolve and if there are differences in the population sub-groups.

This project is financed by the Food and Drug Administration and the Science Foundation in Arizona (US).

**17 June 2010: Report on how carers of people with dementia cope with abusive behaviour published**

A survey in which 220 family carers for people with dementia were interviewed found that:

- Over a third of family carers reported significant abuse from the people they cared for
- Those who reported abuse also reported a greater deterioration in their relationship with the person with dementia
- Dysfunctional coping strategies partially explained a deterioration in the relationship between the person with dementia and carer

The authors concluded that "interventions to change carers' coping styles might alleviate the impact of abusive behaviour".

A report on the study has been selected as the Patient Choice for this month's issue of the 'Journal of Neurology, Neurosurgery and Psychiatry with practical neurology'. It is entitled 'Abusive behaviour experienced by family carers from people with dementia: the CARD (caring for relatives with dementia) study'.

**22 June 2010: Mouse study examines the molecular mechanisms necessary for memory storage**

During a study on mice, which examined the mechanisms by which memories are formed, it has

been identified that in order for a memory to be stored, a receptor (known as M3-muscarinic) has to be activated. In addition the researchers found that as a memory is formed this protein (M3) undergoes change in a particular way. This led them to conclude that if the signalling of the M3-muscarinic receptor could be targeted this may help treat the symptoms of cognitive disorders.

The study was published ahead of print in the Proceedings of the National Academy of Sciences (PNAS) and led by Professor Andrew Tobin, University of Leicester, UK.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**22 June 2010: Compound in red wine may offer a treatment for Alzheimer's disease**

A study suggests that resveratrol (an organic compound found in red wine) may be able to neutralize the toxicity of the Aβ1-42 peptide, the protein associated with Alzheimer's disease. The study also found that the other non-toxic arrangements were not affected by the introduction of the resveratrol. The researchers have called for addition research to be carried out which may help to identify the distinguishing features between the non-toxic and toxic arrangements.



The study was led by Professor Peter M. Tessier, Rensselaer Polytechnic Institute, Troy, NY, USA and published in the Journal of Biological Chemistry.

**22 June 2010: Mouse study examines the molecular mechanisms necessary for memory storage**

A study on genetically modified mice has found that, in order that a memory be stored, a receptor (known as M3-muscarinic) has to be activated and that as a memory is formed that certain proteins change in a particular way. This led them to conclude that if the signalling of the M3-muscarinic receptor could be targeted that this may help treat the symptoms of cognitive disorders.

The study was published in the Proceedings of the National Academy of Sciences (PNAS) and led by Professor Andrew Tobin, University of Leicester, UK.

**23 June 2010: Study examines the effects magnets may have on language dysfunction in people with Alzheimer's disease**

A study which aimed to assess the long-term effects on the cognitive performance of repetitive transcranial magnetic stimulation (rTMS) suggests that rTMS may provide help in relation to sentence comprehension for people with Alzheimer's disease.



The study was conducted on ten people with Alzheimer's disease. Half of the group received sessions (one per day lasting 25 minutes) of rTMS for four weeks and the other half received a 2 week placebo treatment and 2 weeks of rTMS stimulation.

Carried out by Maria Cortelli (IRCCS Centro San Giovanni di Dio Fatebenefratelli, Brescia, Italy;) and colleagues, the study was published in the journal of Neurology, Neurosurgery and Psychiatry (with practical Neurology).

**24 June 2010: Study on mice may offer future retinal diagnosis of Alzheimer's disease**

A study which found amyloid plaques in the retinas of deceased people with Alzheimer's disease, also detected plaques in the retinas of live mice which had been genetically modified to model the disease. The researchers concluded that these combined results "suggest the possibility that noninvasive retinal imaging may be helpful in early diagnosis of the disease."



The research was carried out by a team at Cedars-Sinai Medical Center in collaboration with colleagues from the Weizmann Institute of Science, Israel and the University of Southern California. The study was published on line in the journal of NeuroImage and the findings are to be presented at the International Conference on Alzheimer's disease (ICAD) on 13 July.

**Dementia in Society**

**9 June 2010: Ex footballer receives award in recognition for charity work, including Alzheimer's disease**



The Queen's Birthday Honours List includes 90 year-old Bert Williams who has been awarded an MBE (Member of the British Empire) award for his services to charity and football. Mr Williams has raised more than GBP 100,000 for the Alzheimer's Society. In 1950 he was the goalkeeper for England when they played football against the USA.

**New resources and publications**

By reporting on recently published books, reports and information videos on dementia we hope to offer updates on the current resources available to anyone who is affected by dementia.

**1 June 2010: "Time for Dementia" published**



"Time for Dementia" is a collection of writing on the meanings of time and dementia. In their introduction, Professors Jane Gilliard and Mary Marshall explain, "Time is the currency of dementia care; we spend it on what we value most". The book has contributions from both

professional and personal perspectives, offering insight, in the context of dementia, into:

- The meaning of time
- Making time
- Clocks
- Time to love
- Being in the moment
- Night time
- Past times
- Pastimes
- Making good use of time.

The book is illustrated and has photographs from James McKillop, who has vascular dementia.

"Time for Dementia", published by Hawker Publications costs GBP 14.99 plus package and postage (ISBN 978 1874 790 921).

**7 June 2010: Book published on dementia and the concept of social citizenship**

"Broadening the Dementia Debate: Towards social citizenship" by Ruth Bartlett and Deborah O'Connor 'broadens the debate to consider the experiences of men and women with dementia from a sociopolitical perspective. It brings to the fore the concept of social citizenship, exploring what it means within the context of dementia and using it to re-examine the issue of rights, status (es) and participation.

The book is divided into three sections:

Part I: social citizenship in theory:

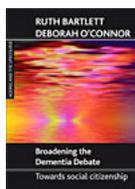
- Chapter 1. Introduction
- Chapter 2. Setting the context for broadening the debate.
- Chapter 3. The meaning and value of social citizenship.

Part II: Social citizenship in action:

- Chapter 4. Thinking and talking differently.
- Chapter 5. Implications for social and health care practices.
- Chapter 6. Extending research practices.

Part III Combining theory and practice

- Chapter 7. Conclusion



Marian Barnes, Professor of Social Policy, University of Brighton said of the book "This book offers a fresh perspective on dementia, one that is not afraid to address the challenges, but which asserts not only the continuing personhood and humanity, but also the agency and citizenship of those who live with dementia."

"Broadening the Dementia Debate: Towards social citizenship" (ISBN 978-1-84742-177-7) is published by the Policy Press, with a list price of GBP 24.99 (introductory offer GBP 19.99)

## AE Calendar

The following meetings will be attended by representatives of Alzheimer Europe:

Date	Meeting	AE Representative
7 July 2010	<b>Ageing of the Women's Health Seminar on Gender and Health</b> organised by the European Commission (DG Health) in Brussels, Belgium	Annette Dumas
8 July 2010	Meeting with <b>Ms Duarte Gaspar</b> (Cabinet Commissioner Dalli- Public health and risk Assessment) and <b>MRI Alliance delegation</b>	Annette Dumas

## Future Conferences

Date	Meeting	Place
26-27 July 2010	2010 IANA (International Academy on Nutrition and Aging), <a href="http://www.healthandage.com/html/min/iananda">www.healthandage.com/html/min/iananda</a>	Albuquerque, New Mexico
2-5 September 2010	Dignity for the Frail Old: From dilemmas to solutions, <a href="http://www.dignity.no">www.dignity.no</a>	Bergen, Norway
8-11 September 2010	International Conference on evidence-based policy in long-term care, <a href="mailto:Itconference2010@lse.ac.uk">Itconference2010@lse.ac.uk</a>	London, UK
15-17 September 2010	26e Congrès de la Société de Psychogériatrie de Langue Française (SPLF), <a href="http://www.nexcom-events.com">www.nexcom-events.com</a>	Limoges, France
22-25 September 2010	5th Croatian Congress on Alzheimer's Disease with international participation, <a href="http://www.alzheimer2010.com">www.alzheimer2010.com</a>	Zadar, Croatia
30 September – 2 October 2010	20th Alzheimer Europe Conference "Facing Dementia Together", <a href="http://www.alzheimer-europe.org/conferences">www.alzheimer-europe.org/conferences</a>	Luxembourg, Luxembourg
7-9 October 2010	Gemeinschaft leben, <a href="http://www.deutsche-alzheimer.de">www.deutsche-alzheimer.de</a>	Braunschweig, Germany
19-21 October 2010	Coming of Age: Dementia in the 21st Century, <a href="http://www.dementia.stir.ac.uk">www.dementia.stir.ac.uk</a>	London, UK
19-21 October 2010	9ème Congrès International Francophone de Gériatrie et Gériatologie 30èmes Journées Annuelles de la Société Française de Gériatrie et Gériatologie, <a href="http://www.cifgg2010.com">www.cifgg2010.com</a>	Nice, France
21-23 October 2010	10th Congress of European society for clinical neuropharmacology, <a href="mailto:ivan.rektor@fnusa.cz">ivan.rektor@fnusa.cz</a>	Zagreb, Croatia
28-31 October 2010	The 4th World Congress on Controversies in Neurology (CONY), <a href="http://www.comtecmed.com">www.comtecmed.com</a>	Barcelona, Spain
3-5 November 2010	Third Conference: Clinical Trials on Alzheimer's Disease (CTAD), <a href="http://www.ctad.fr">http://www.ctad.fr</a>	Toulouse, France
9-13 March 2011	The 10th International Conference on Alzheimer's & Parkinson's Diseases (AD/PD 2011), <a href="http://www2.kenes.com/adpd/Pages/Home.aspx">www2.kenes.com/adpd/Pages/Home.aspx</a>	Barcelona, Spain
14-17 April 2011	The VII International Association of Gerontology and Geriatrics (IAGG) – European Region Congress " Healthy and Active Ageing for all Europeans II", <a href="http://www.iaggbologna2011.com">www.iaggbologna2011.com</a>	Bologna, Italy



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